

# News You Can Use

## Inside this issue:

Eating Well	2
Family Night	2
Diabetes Today	2
Survivor Celebration	3
Chamber Meeting	3
STEPS program	4
Southeast Tidbits	4

## Desha County Gets Holiday Healthy

In order to emphasize the importance of staying healthy during the holiday season and to promote Diabetes Awareness for the month of November the Desha Hometown Health Improvement Project (D-HHIP) partners held two healthy cooking demonstrations at two local grocery stores.

The first Holiday Healthy event was held on November 16th, at Save Mart from 2:00pm-4:00pm. Another event was held on November 19th, at the Mad Butcher from 2:00-4:00pm. A short cooking demonstration was held and each community member was then given sample diabetic friendly recipes and ingredients to prepare the dish. One rice dish and one dessert.

D-HHIP partners donated oven mitts which were given to participants. These mitts contained information on: fire prevention, home decoration safety, shopping safety and healthy eating tips. Mitts also included a meat thermometer, vegetable brush, measuring spoons and rice, which was donated by Riceland Foods. There were over 110 community members who visited the cooking demonstrations. 17 people were referred for diabetic assistance.



*Happy Holidays*

## Eating Well While Cooking Lite



Healthy Cooking at 1st United Methodist

Healthy eating is important to a healthy lifestyle. Healthy eating is very important if you are concerned with managing your health. With healthy eating, it's easy to maintain good health, control blood sugar levels, maintain healthy blood pressure, maintain healthy body weight and prevent complications. The Ashley County Hometown Health Improvement Coalition along with its partners held 6 week classes; once a week at local churches throughout the county with an average of 15-20 participants. During these classes participants learned general information about eating regular meals, general information about the variety of foods to eat and how to choose the foods high in fiber.

## Tobacco– Free Family Night

The St. Francis County Hometown Health Coalition sponsored a “Tobacco-Free Family Fun night at the Forrest City Civic Center on Tuesday November 13th. It was a fun-filled educational night for families of St. Francis County. There were several educational booths which provided information on chronic disease as well as tobacco prevention and cessation. The Family Fun night also included entertainment such as music and games for the entire family. Ollie Golett, lead the group in a fun filled Zumba dance. Kincaid Funeral Services donated water to participants who participated in Zumba and a healthy snack was also provided. Each participant was also encouraged to take part in the free health screenings that were also provided. There were over 200 participants.



Pictured: participants doing Zumba

## Chicot County Diabetes Today

Diabetes Today is a training program that looks at diabetes from a public health perspective. The goal of the training is to create community-based diabetes initiatives to help people deal with diabetes. The philosophy of this curriculum is that people can take charge of diabetes at the community level. Rather than relying on expensive medical treatment after the complications of diabetes have already developed. Community members with diabetes and their families, health professionals, and other concerned individuals can work together to prevent and control diabetes. Bonnie Bradley with the Arkansas Department of Health, Chronic Disease Branch provided the Diabetes Today training to the Chicot Hometown Health Improvement Coalition on November 26th. Community members were provided great information and shared their personal experiences dealing with diabetes. The training seemed to motivate those present with diabetes to make changes and empowered them with knowledge and confidence to be able to maintain the needed changes; also it seemed to connect people to each other for various resources.





## Breast Cancer Survivor Celebration

A breast cancer survivor celebration was hosted by the Forrest City Medical Center Healthy Women Program on Thursday, November 15. Educational booths were set up with information on: breast exams, mammograms, pap tests and follow-up tests for women. The Susan G. Komen foundation along with the Forrest City Medical Center Mammography Department, American Cancer Society, and the Arkansas Breast Care program provided educational information and incentive items for the event. Cassie Lewis, Community Health Nurse Specialist, teamed up with the Arkansas Department of Health Southeast Region Breast Care Coordinator to present on the dangers of tobacco and risk factors for developing lung and other types cancers. A balloon release was also held in honor of those who have struggled with breast cancer. Several participants were referred to the Quitline and there were over 75 people who attended the event.



Pictured: Cassie Lewis providing education

## Lincoln County Chamber



From left: Jennifer Link-Montgomery, County Judge Charles Capps and Brenda Howard.

The Lincoln County Chamber meeting was held on November 14th. Jennifer Link-Montgomery, Cessation Health Program Specialist, along with Brenda Howard, Cessation Section Chief, from the Arkansas Department of Health, Tobacco Prevention and Cessation Branch were the guests speakers. Jennifer and Brenda gave a presentation on how tobacco settlement funds are being used in the state. They also provided information on the Arkansas Quitline, which is available to anyone who is interested in stopping tobacco use.

In order to raise diabetes awareness for the month of November blood glucose testing was also available at the Chamber meeting for those who attended. Angela Turner, with the UAMS/AHEC in Pine Bluff performed the glucose testing. Ms. Turner is a member of the Lincoln County Health Planning Committee. Several educational items were distributed.



Pictured: Angela Turner



**STAMP OUT SMOKING**  
ARKANSAS DEPARTMENT OF HEALTH  
1-800-QUIT-NOW

## Eudora Garment STEPS

In order to increase employee productivity and wellness the Eudora Garment Factory held a walking and physical activity challenge for its employees called the “STEPS” program. The Chicot Hometown Health Improvement Coalition provided information for this 8 week program on chronic disease, tobacco prevention and cessation along with information on men's and women's health. The “STEPS” program main focus was on promoting physical activity within the workplace, but it also focused on the importance of maintaining a healthy blood pressure. The Chicot Hometown Health Improvement Coalition also provided a self check blood pressure machine to the factory for the 8 week program; for employees to check and monitor their blood pressure. Overall the “STEPS” program was a huge success. 128 employees started the 8 week program and 107 employees finished with a total of 125,000 steps taken.



### Southeast Tidbits

**Desha County:** The Desha Hometown Health Improvement Project received a \$1,000.00 grant from the Arkansas Community Foundation for the Mom & Me Program. This money will be used for educational materials and graduation incentives for mothers who have spaced pregnancies for two years.

Desha County 4H students have continued to plant seasonal vegetables in the community garden started by the D-HHIP Coalition and ARCOP. They preserve, prepare, and share the foods that have been grown.

**Chicot County:** Chicot County Judge, Mack Ball, donated 8 self check blood glucose machines to the Chicot Hometown Health Improvement Coalition on November 14th. These machines will be used as part of the “Know Your Numbers Campaign”

**Jefferson County:** Juanita Buckmaster, Community Health Nurse Specialist, had “Lunch with the Students” at Redfield Middle School. Educational booths were set up for students to visit during their lunch break. 91 Students

### Southeast Region HHI Support Staff

**Kaye Murry**-HHI Regional Manager  
**Shealese Washington**- HHI Coordinator  
**Kimber Knight**-Grants Administrator  
**Kandra Torrence**-Public Health Educator  
**Shannon Borchert**-Public Health Educator

**Cassie Lewis**- Community Health Nurse Specialist  
**Lisa England**-Community Health Nurse Specialist  
**Juanita Buckmaster**-Community Health Nurse Specialist  
**Rosemary Withers**- Community Health Promotion Specialist

